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ABSTRACT

This book was written for parents interested in preventing alcohol and other drug abuse by their daughters. It addresses special risks that girls face and notes that recent research challenges long-held beliefs that alcohol and other drug abuse problems among females are the same as those among males. The word "drug" is used to include alcohol, nicotine, street drugs, and prescription and over-the-counter medications that cause mood and mind changes. Each of six chapters addresses one major strategy for drug abuse prevention. Chapters are organized by how those strategies affect a girl from her toddler through her teenage years. Individual chapters focus on: (1) effective communications; (2) parents, the media and other role models; (3) building self-esteem; (4) developing decision-making skills; (5) sidestepping peer pressure; and (6) prescription and over-the-counter drug use. The appendices review research on the specific drug problems and risks females face and list literature on alcohol and other drug issues and programs designed to prevent drug problems in individuals, families, and communities. (NB)

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AFTER SUGAR AND SPICE:

A MANUAL FOR PARENTS ABOUT DAUGHTERS, DRUGS AND PREVENTION

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by Karen Bankston
and Douglas White

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AFTER SUGAR AND SPICE:

A MANUAL FOR PARENTS ABOUT DAUGHTERS, DRUGS AND PREVENTION

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Introduction

This book takes a new step toward preventing alcohol and other drug abuse by addressing special risks that girls face. Recent research challenges long-held beliefs that alcohol and other drug abuse problems among females are the same as those of their male peers:

☐ About one third of women of child-bearing age (18–34) used an illicit drug in the past year. About one quarter of the young adult females said they had used marijuana at least 100 times, according to the National Institute on Drug Abuse 1985 National Household Survey on Drug Abuse.

☐ Psychoactive (also known as mood- or mind-altering) prescription drug use and abuse is more common in women than in men. Sixty percent of all prescription psychoactive drugs, 71 percent of antidepressant drugs, and 80 percent of amphetamines are prescribed to women in response to such complaints as anxiety, insomnia, depression, or nervous tension. In addition, stimulants, or "diet pills," are more commonly used by females than males.

☐ Cigarette smoking among teenage girls and young women is more common than among boys and young men. Lung cancer is becoming a major killer of women.

☐ Alcohol and cocaine abuse by women probably is much more common than is generally recognized. This underreporting may stem from attempts to deny the problem because society tends to judge women with drug problems harshly.

☐ A low sense of self-esteem, dependence on men and confusion over women's roles in society can lead to drug problems or make those problems more serious among women. Low self-esteem may be more of a problem for women than for men because girls and women sometimes receive limiting messages that they can't be or do what they want because of their sex.

☐ Women who live with men who abuse alcohol are at increased risk for alcohol problems and physical abuse. Women are strongly influenced by the drug use patterns of the important people in their lives. This includes not only husbands, but also parents, siblings and friends.

☐ One in four female alcoholics may have diagnosable depression. Estimates indicate that suicide is eight to 30 times more likely by female alcoholics than by nonalcoholics.

This information can be translated into strategies to prevent alcohol and other drug problems among girls and women. This book suggests ways to head off drug problems among girls. Because you are the first and best protection your daughters have against drug abuse, we present these ideas to parents. Our goal is to help you raise daughters resistant to drug abuse, misuse and dependency. As she grows to adulthood, your daughter should be able to choose abstinence from drugs or drug use that is rational and legal. This book also will be useful to professionals who work with families and to parents who want to raise boys who will not add to pressures girls face to use drugs.

Many of our suggestions apply to both boys and girls, but such strategies as building self-esteem and decision-making skills are especially important for girls. This book is neither a primer on alcohol and other drug issues nor a comprehensive parenting manual. It focuses on parenting issues specific to girls and drugs.

In this book, we use the word "drug" to include alcohol, nicotine (in tobacco), street drugs such as marijuana and cocaine, and prescription and over-the-counter drugs that cause mood and mind changes. We address one major strategy for drug abuse prevention in each chapter. The chapters are organized by how those strategies affect your daughter from her toddler through teen years. One appendix reviews research on the specific drug problems and risks females face. Finally, we include a list of literature on alcohol and other drug issues and programs designed to prevent drug problems in individuals, families and communities.

Chapter 1
Effective Communications: Talking with Your Daughter about Alcohol and Other Drugs

What you tell your daughter about drugs and how you say it are key factors in helping her develop a resistance to drugs. The earlier you open the lines of communication on "tough" topics like alcohol and other drugs, the easier it will be for you and your child to talk about those issues. Effective communication means more than making your position on drugs clear (although that is certainly essential). It also means really listening to the feelings and problems she faces and staying informed so you can give her accurate information about the dangers of drug abuse.

No candy from strangers

Toddlers should be taught that many things are not safe to put in their mouths. Other things, like medicine, should only be taken when mommy or daddy say so. Alcohol, tobacco, prescription and over-the-counter (non-prescription) drugs should be stored out of the reach of children. If you take medications or give them to your daughter, explain that drugs are not candy but are for specific health problems. Avoid making use of medications into a game. Make sure your child knows not to take any type of drug unless you are with her and that she should not share medicine with friends.

Early drug education

By the time your daughter begins school, she should understand how you feel about alcohol/other drug use. Children need clear direction from parents. Ignoring the subject of drugs won't make the dangers disappear. These are facts your daughter needs to know:

☐ Children who take any drug (except medicine given by a parent or other caregiver) are breaking the law or family rules, and could end up in trouble at school and at home.

☐ Taking drugs can make it harder to do schoolwork and to get along with friends, family and teachers.

☐ Taking drugs doesn't necessarily make a person feel good. All drugs, even alcohol and tobacco, can be harmful, especially for children.

☐ Accepting rides from people who have been drinking or using drugs is dangerous. Suggest safe ways of getting home before she's caught in this situation.

☐ Some people who use alcohol or other drugs become addicted to them. They need it to feel normal mentally and physically. Alcoholics—people who are addicted to alcohol—aren't bad or weak people. They are sick and need help to get better. People who have problems with alcohol or other drugs should get help.

☐ Ads that show happy people smoking and drinking alcohol are trying to get people to buy their drugs. They don't care about people. They only want money.

☐ Drinking and taking other drugs is not a sign of being grown-up or brave or stylish. Most adults and teens don't smoke or use illegal drugs. Most grownups drink alcohol in small amounts or not at all.

☐ Sometimes doctors prescribe drugs to help people get or stay healthy. But people have a right to ask how those drugs will affect them and to find out if they can get healthy without using a drug.

☐ Being happy and healthy means taking care of yourself: eating nutritious foods, exercising, participating in school and group activities, playing and working with family and friends you love.

☐ Just because you don't feel well, it doesn't mean a drug will help you feel better. Sometimes, extra rest and a quieter pace are the best prescription.
☐ It's all right to discuss questions about alcohol and other drugs at home. Mom or Dad are always willing to talk about whether, how and why they use alcohol and other drugs. They can help you deal with your questions.

These suggestions aren't an outline for one lecture to your daughter. You will have plenty of opportunities to work them into daily conversations: if you see an alcohol ad while you're watching TV together, for instance, or when you're helping her with schoolwork. If you're planning a party for adults where alcohol will be served, you can discuss how you encourage guests to drink responsibly and support those who don't drink. While shopping in a pharmacy, you can talk about drugfree alternatives for treating minor illnesses. Instead of using scare tactics, emphasize positive steps your child can take to stay healthy. Encourage her to ask questions about drugs or conflicting messages she might receive.

By the age of 10, your daughter already has developed attitudes about how people should use drugs. Straight talk from you—and frequent reinforcement in everyday conversations—will help ensure that those attitudes are healthy.

Just the facts, ma'am

When your daughter reaches middle school age, she needs to learn the facts about alcohol and other drugs: what drugs are, what they do, and how drug use can affect young people. Be specific about laws, school and local regulations and household rules against drug use. Concentrate on the short-term and social effects of drug use. At this age, your child thinks more about the present than the future and more about her social life than the physical effects of drug use. She can understand about bad breath from smoking or the loss of control from drinking that makes people do embarrassing things.

Parents must be informed about drugs, and you should pass that information and your expectations along to your daughter. Local alcohol and drug agencies, parents' groups, and school health educators can help you learn about drugs.

Find out about your school district's policy against student drug use and its drug education program. Ask your daughter's teacher or school administrator if you can review drug education materials and state curricula requirements. You may want to suggest ways to improve drug education and offer to participate if your school offers programs that involve parents.

Laying down the law

Preteen and teenage girls need to know the consequences of breaking family rules, including those against drug use. Parents must be consistent in applying discipline. Effective discipline doesn't involve harsh threats and rigid demands of obedience; it means setting reasonable limits, explaining the consequences of exceeding those limits, and following through on the consequences. Setting reasonable limits helps your child develop self-discipline and independence. Try to make disciplinary measures concrete—"If you choose to stay out past curfew, you will be grounded for two weekends"—and make the punishment consistent with the infraction. Make sure your daughter understands the consequences of breaking family rules—before she's tempted to do so—by discussing family rules and discipline at the same time.

Sex and the dating girl

Another topic for frank discussion when your child begins dating is family values about sex. Too many teens don't know how to handle situations with a potential for physical intimacy. Too many unwanted pregnancies occur while one or both partners are using alcohol or other drugs. A girl needs to maintain control of her mind and body to avoid sexual activity that could result in pregnancy while dating. Using alcohol or other drugs makes it hard to resist pressure to have sex. The use of drugs by one or both partners also increases the chance of rape occurring. Your daughter needs to know about the connection between unwanted pregnancy and drugs. Teens want parental guidance, even when they seem rebellious. They need to know their options and the consequences of those choices.

Here are some examples of the information your child needs. It may seem obvious to you, but the advantages of abstaining from having sex and from using drugs may not occur readily to your daughter. She needs to know that the risks of mixing drugs and intimacy include unwanted pregnancy *and* birth defects. A pregnant woman who drinks passes alcohol to her unborn baby, which can result in a pattern of birth defects known as Fetal Alcohol Syndrome. The damage can be done before a woman knows she is pregnant. Other drugs—including tobacco, marijuana and cocaine—also can cause complications during pregnancy, birth defects and smaller than normal babies. (For a further discussion on dating, see Chapter V: Sidestepping Peer Pressure.)

Driving and drugs

The combination of dating and drugs poses another physical threat to teenage girls: Mixing drinking and/or drugs with driving. Even girls who resist drinking or using other drugs are at risk if their dates use drugs and drive. Abstaining herself is important, but discouraging her friends from drinking and driving can prove even more challenging. Emphasize that she should *refuse* to ride with a driver who has been drinking or using other drugs—even if the driver doesn't seem to be intoxicated. You can help by practicing with her different ways to refuse rides with alcohol/drug-using friends. Make sure she understands other options for getting home:

1) She could call you for a ride home;
2) She could call a family friend or neighbor you've agreed on;
3) She could call a taxi, and count on you to pay for it;
4) She could ride or stay with a nondrinking friend.

A particularly touchy subject between parents and daughter may be her own drinking and driving. State laws and most parents prohibit teenagers from drinking. But if a teen disobeyed that rule while driving, most parents probably also would agree that they wouldn't want her to drive home and risk a collision that could harm herself and others. Your daughter should hear this message in some form: "Don't drink or use other drugs, and never go with or become an intoxicated driver. If you can't get home safely, call us for a ride home, call a taxi, or ride with a sober friend. We will deal with the issue of your drinking or other drug use later, but we want you to get home safely." Make it clear, however, that you won't condone drug use and driving by your child and that she understands the consequences for infractions.

Some parents and teenagers formalize these discussions in a written contract. The parents agree to provide a ride home or pay for a taxi, and teens agree to call whenever they can't get a safe ride home.

Parent–daughter communication

All of these suggestions amount to maintaining an open line of communications with your daughter. Sex and drugs have long been considered taboo topics between parents

and child, and they're certainly not easy subjects to tackle. But they present perhaps the toughest situations your teenage daughter will face. You can help her only if she feels that she can talk to you.

Many parents assume their kids will receive adequate drug education in high school health and driver's education courses. The severity of today's youth drug problems shows this isn't true. The lack of specific information about drugs is especially obvious in the area of prevention of drug problems among females. Those prevention efforts certainly can begin in middle school; adolescent girls are old enough to understand that the risks and effects of drug problems are different for them as females. Studies indicate that girls may be more receptive to drug education and show greater improvement in attitude and knowledge than their male peers.

We have compiled a review of recent research into alcohol and other drug problems among women in Appendix A. We suggest that you read this chapter with your teenage daughter and discuss it with her. She may not have the chance to hear this essential information anywhere else.

Chapter II
Parents, Media and Other Role Models

Parental drug use is a major determining factor in a daughter's tendency to use drugs. Your daughter begins to model her behavior after you when she is a toddler. It's a good idea to assess how and why you use drugs while your daughter is still an infant. Consider these questions as you decide if your use of alcohol and other drugs is the type of behavior you want her to model:

Do you smoke cigarettes?

Do you need a cup of coffee just to get going in the morning? Or do you pay attention to the amount of caffeine you use?

Do you automatically "take something" to cope with minor aches and pains or nervous or depressed moods? Or do you try drugfree methods of easing the pain before turning to the medicine chest?

Do you think it's "macho" for a man to drink a lot, but "unladylike" for a woman? Or do you consider sex immaterial to drinking habits?

Do you use illegal drugs?

Do you joke about getting drunk and doing crazy things? Or is drunkenness not funny to you?

Do you drive a car while under the influence of alcohol or other mood-altering drugs? Or do you avoid alcohol and other drugs when driving and arrange for a safe ride home when you know you will be drinking?

Do you have a hard time refusing a drink or drug offered to you? Or can you resist pressure to drink or take a drug when you don't want to?

Do you pace your drinks at a party? Alternate alcoholic with nonalcoholic drinks? Enjoy the games, conversation and food instead of concentrating on drinking?

Can you have fun without drinking or taking other drugs?

If you discover that you want to change how you use alcohol and other drugs, remember that it will take time to establish new habits. You may find you need professional help; if so, seek help *now*. Changing the way you use and think about alcohol and other drugs could be a major upheaval in your life, but it will be worth it for you—and your child.

Child's play

If you need proof of how your actions influence your daughter's development, just watch your toddler at play. She cleans house, goes off to work, fixes meals for her dolls, and drives her "car." You see yourself reflected in her facial expressions and hear your inflections in her voice.

If you drink alcohol or use a drug, take care that your habits don't become a game for your child. If you use a medication, make sure she knows it is for a specific health problem that requires treatment. And don't involve your child in drug use. Allowing her to light cigarettes or serve alcoholic drinks may make her think that drug use is a fun and acceptable activity.

A widening circle of influence

When your daughter enters school, she begins to face life more independently. Her development now is affected by many influences: teachers, friends, religious and recreational organizations and the media. From those sources she is likely to pick up conflicting concepts about using alcohol and other drugs and about being a female. But—though she is becoming more independent and is exposed to many influences—she still depends on her family as a major force in her life. You should pass along your values to

her and help her sort through these new influences. You also can encourage your daughter to be confident and independent and to resist pressures to do things she doesn't want to do.

Pro-drug messages

Some experiences may run counter to the messages you want your daughter to receive. Does her school discourage girls from participating in some physical activities because of their sex—a restriction that might harm a girl's self-confidence? Do her textbooks depict women only as housewives or girls only playing with dolls—an implication that women face limited opportunities? Does she learn from school, classmates, or television that the way to deal with aches and pains is to take a pill? Is she picking up signals from the media that it is fashionable, grown-up and acceptable to smoke cigarettes, drink alcohol or use other drugs? Are there messages that women should use drugs to become and stay fashionably thin?

The media—television, magazines, newspapers, and advertising in all forms—maintains a strong influence over our society by setting trends in dress, leisure-time activities, eating habits and use of alcohol and other drugs. Fads and the way people react to social pressure to do the "in" thing affect all of us. Some fads—like health-food lunches—can improve lifestyles, but others can be harmful. Many messages, such as signals that cigarettes and alcohol are marks of sophistication, are directed at women. These have strong appeal for girls who like to play at being grown up.

Your daughter can learn that she doesn't have to do something just because "everyone is doing it." Even in elementary school, girls are pressured to dress, talk and act like everyone else. They also may be pressured to try alcohol, tobacco and other drugs.

Your daughter needs to know she doesn't have to go along with the crowd, especially when it comes to drugs. She needs to know that most kids *don't* use drugs. You can point out that she may be more comfortable and happy if she chooses her clothes, activities and friends based on what she, and not everyone else, likes.

One for all, and all for health

On a more general level, now is a good time to examine your family's health habits. Preventing alcohol and drug abuse is just one step toward a healthy lifestyle. Establishing these habits early will help your daughter deal with a culture that encourages women to respond to every mental and physical ailment—including weight problems and sleeplessness and headaches caused by stress—with drugs. Dealing effectively with such health problems without drugs can make a person feel good about herself.

You can teach her to head off such ailments by making sure your family eats healthy foods and exercises regularly. Encourage the whole family to participate in planning and serving nutritious meals. Pack interesting and healthy lunches for work and school. Keep fresh fruits and vegetables on hand for after-school snacks. Plan family outings that include biking, hiking, swimming, skiing and other fun activities. Learn how to relax and deal with stressful situations, and pass those skills on to the whole family. Encourage family members to relax and rest before heading to the medicine cabinet to deal with minor aches and pains.

Images of womanhood

Early adolescence brings with it the special pressures of puberty. Preteens begin to sort out how they are supposed to think, feel, act and look. Parents, family members, friends, schools, recreation and community groups, TV, music, books and magazines all help form an image of womanhood. The traditional image—one that girls still encounter—is that women are passive, submissive, weak, highly emotional, responsive to social pressures, and dependent on others. A more modern view conjures up a fashionably dressed career woman who is always on the go. Both of these images tend to stress physical beauty as an essential asset.

Some girls may feel distressed that they perform better and enjoy so-called "masculine" activities more than supposedly "feminine" ones. Your daughter may become trapped by the myth that all females are happy with the same sets of qualities. She may turn to drugs in an attempt to relieve strain and tension caused by her confusion over "masculine" and "feminine" roles. Research shows that many women problem drinkers and alcoholics experience conflicts about femininity. Some studies also point to a feeling of a lack of femininity during adolescence in women who later become alcoholic.

To head off these problems, you and your daughter should discuss the feelings that she has about herself as a girl. Let her know that narrow, limited ideas about being a girl and a woman can limit her growth as a person and restrict her ability to be assertive and independent. The healthiest and happiest people do what *they* want to do based on what they know is good for them.

Media, drugs, and femininity

Ads that use sex and femininity to sell products may be especially attractive to adolescent girls. You rarely see ordinary women in alcohol and tobacco ads—they're always glamorous, healthy, sexy and problem-free. They're never unhappy or suffering—except in ads promoting over-the-counter drugs or tranquilizers in which women look miserable until they take drugs. A new twist on these ads features active athletic young women who drink and smoke, despite the obvious contradiction between drug use and physical fitness. Another advertising theme is that smoking and drinking are somehow signs of being an independent, liberated woman.

One result of advertising and media messages—and of the social ideal that slim is beautiful—is that teenage girls use over-the-counter stimulants, or "diet pills," to help control weight. A recent survey shows that teenage girls use such stimulants about three times as much as boys do. They believe the myth that these drugs will keep them

slim and healthy. In fact, these pills don't work because their appetite-suppressing ability lasts only a few days. Some of these drugs can cause anxiety, sleeplessness, headache, heartbeat irregularities and dependence.

Many girls also believe myths that smoking helps control weight and that quitting cigarettes will lead to weight gain. Cigarette advertisements promote this idea by using only slim models. This may explain, in part, why girls and young women smoke more than ever. But cigarettes *don't* control hunger, and weight gains after quitting usually are minor and short-lived.

A variety of other sources can give your daughter the message that using cigarettes and alcohol is glamorous and sexually adventurous. TV, teen magazines and books and popular music all promote these ideas, though they are not always obvious.

Debunking the myths

You can help your daughter debunk these myths by finding examples of these messages and discussing them so that she can better resist their appeal. Point out their inconsistencies and logical problems to her. See if she recognizes the intent of an ad. Make sure she understands how an advertiser attempts to use beauty, independence, athletic ability or slenderness to sell its product. Many activities—races, athletic tournaments, fund-raisers—are sponsored by cigarette and alcohol companies. Teens who attend these events receive the subtle but wrong message that alcohol and tobacco are part of a healthy lifestyle. You can help your child understand that drug use promoted by advertisers is a sales gimmick, not a good idea.

Pressure to conform

Research shows that preteen and teenage girls often feel more social pressure to belong to a group and conform—even if it means using alcohol and other drugs that they may not want to use—than do boys. These distinctions will continue as your daughter becomes an adult. Women must deal with conflicting messages about what it means to be female and other pressures to drink and use drugs that men do not face.

Chapter III
Building Self-Esteem

Even before your daughter is old enough to talk, she will feel that the world around her is or is not a dependable, secure place that meets her needs for food and comfort. Parents who give their child lots of affection and who are sensitive to her needs are planting the seeds of self-esteem in their baby. If your infant, in her first year of life, begins to feel the world is a dependable place, she is on her way to becoming a competent person.

Your child becomes a true individual between the ages of one and four, so this is the critical—and easiest—time for her to develop a sense of independence and competence. Those traits will help her later to resist alcohol and other drug problems. To develop these traits, she needs lots of sensory stimulation and encouragement to explore her surroundings. As she becomes more mobile, she reaches out to experiment with things and people around her. She needs new experiences to discover the joy of success and new opportunities for growth. You can help by talking with her frequently and demonstrating things she is curious about. Provide her with an environment full of new things to do.

A growing sense of self

Your daughter's sense of self begins to blossom in her second and third years. You can help her learn to recognize that she can accomplish what she sets out to do. Occasional accidents should not waylay her. Encourage her curiosity and look for opportunities to compliment her on positive behaviors. When she makes a mistake that demands correction, label her behavior, and not her, unacceptable. She needs to know that although she may occasionally do something wrong, her accomplishments outweigh her wrongdoings. Let her know, above all, that she will always be loved. A girl who grows to adulthood with a positive self-image is likely to make choices which reflect self-respect.

You probably will set lots of goals for your child. All parents do. If your expectations are realistic, they will foster physical, emotional, and intellectual growth. If they are unrealistic—either too high or too low—it will be hard for your daughter to grow up to be happy, healthy and competent.

Are the goals you have set for your daughter different than those you would set for a boy? If so, you should determine why that is so. Girls who believe they can't do some things because they are female may lose confidence in their abilities. Encourage your daughter in whatever mental or physical tasks she attempts. Help her try many different activities and roles, not just those traditionally considered appropriate for girls.

Take care in choosing nonstereotypical toys like art materials, nature kits, kites, and tools—and remember that the toy wrappings can carry faulty messages: little boys playing with building sets or little girls helping mom with a toy broom. Stereotypes can limit girls and boys. Criticizing a boy for playing with dolls limits his opportunities and self-image and reinforces the idea that boys and girls must adhere to separate roles. A boy who receives such messages may grow up to be a man who limits his children's opportunities and increases pressures on women to fit certain limited roles.

VIP treatment

Your interest in your daughter's life will help her feel like an important person. As she begins school, encourage daily talks about her friends, teachers, classes, and activities. Take time out to talk and listen to her; don't just chat while you're unpacking groceries or watching television. Look through her books with her. Help her with homework if she asks for help and if you can do so by letting her do most of her work.

Get to know her friends and do things with them. Take advantage of opportunities to get involved in school and organizations in which your daughter participates. Look for opportunities to applaud her successes, and encourage her to pursue academic and physical activities that provide an outlet for creative efforts. Creativity helps everyone. An active imagination will help your daughter become a more self-sufficient person who will have no problem coming up with alternatives to using drugs in her later school years.

Your daughter needs a variety of activities at which to succeed to help maintain and improve her self-esteem. Give her the opportunity and encouragement to do well in sports, science, math, and leadership—areas traditionally dominated by boys—as well as the arts and social activities often set aside for girls.

A family that works together . . .

Your family can begin to share responsibilities by the time your daughter reaches school age. Household chores will give her opportunities to tackle new tasks and let her know she is contributing to the family. Dividing households tasks among children and parents without regard to sex—like letting girls help wash the car while dad does the laundry and the boys wash the dishes—helps break down false labels about "women's work."

Making it a habit

Building a sense of self-esteem and competence in your daughter is a long-term responsibility of parenting. Begin when she is very young, and make a point of continuing throughout her life. Your support will help her develop self-confidence, the first step toward becoming a person who cares enough about herself to avoid drug problems. When she becomes a teen, family support and confidence in her abilities will help her resist alcohol and other drugs. Family support, self-confidence and self-esteem are important for all youth, but research indicates they may be especially important for helping girls avoid drug problems.

Chapter IV
Developing Decision-Making Skills

Because your daughter is on her own at school and with friends, she needs to learn the importance of thinking about and making her own choices—along the guidelines and values you have set for her. She also will learn that her decisions—or lack of them—affect her and those around her.

Making decisions entails considering all the options and the consequences of those options before choosing the best one. You can introduce your toddler to making decisions by letting her pick which clothes to wear (from selections you've made) or by giving her a choice of nutritious snacks. As she reaches school age, you can help her examine options and consequences as she chooses when to do her homework, for instance, or whether to join a baseball team or learn to play the piano after school. You can't make all her decisions, and if you try, you'll only make it harder for her to face hard choices in the future.

Options and consequences

Encourage your daughter to discuss with you decisions she may be having a difficult time making. But don't cut short these discussions by making her choices for her. Pay attention to the decision-making process as well as the outcome. If you feel she made the wrong move—maybe she decided to spend her money on afterschool snacks instead of saving for a new jacket—don't criticize her. Instead, point out some options and consequences that she might not see—like grabbing an apple from the fridge and saving her money.

Girls not only need to make decisions, but also need to recognize and stand up for their right to make such choices. This is especially important as the urge to conform to peer pressures increases in adolescence. Encourage your daughter to resist conformity by pointing out those rights when she doesn't seem to see them. Help her work out ways to assert herself without infringing on the rights of others.

Here's an example. Sarah decides to play soccer or join the astronomy club instead of trying out for cheerleading. Her friends really want her to be a cheerleader and try to pressure her to change her mind. Sarah may need help to recognize her right to do what she wants and to stand up for her decision without hurting her friends.

Choosing not to use drugs

The right to be independent extends to decisions not to use alcohol and other drugs. If your daughter feels she should be submissive and unassertive because she's a girl, she will be less likely to question the use and abuse of drugs by others. She needs to be an independent thinker, able to act on her own values against pressures to follow others. Asking herself why others use drugs can help her to make healthy choices based on your family's values rather than on pressure from friends. Talk with your child about how you deal with pressures to deviate from your values and beliefs. Discuss the pressures she feels and practice with her ways to handle those pressures.

Lifestyle and career choices

During high school years, girls consider many different careers and lifestyle choices. Facing all these options may be frightening for parent and daughter, but they present many opportunities to develop skills in assertive communication, critical thinking, problem-solving and decision-making. Your child needs the independence to act on and learn from her own choices. At the same time, she may require help and support to make those decisions. You can provide that help without forcing opinions on her.

Encourage her to be assertive about her right to make decisions and to communicate these decisions to you and her counselors, teachers and friends.

In making career and lifestyle decisions—as well as day-to-day choices about friends, school and activities—your daughter needs to recognize and overcome messages from the media, schools, friends and families that could limit her options and potential. Encourage her to consider carefully her reasons for a particular choice. Help her to question any message that suggests a choice is good or bad because of her sex.

You also can help her make wise choices by showing her examples of healthy decisions made by you, other adults and teens concerning school, family, leisure time and work. She should see women making choices based on their own values, rather than those prescribed by traditional definitions of women's roles.

Though your daughter may not make a final career choice for several years, she should know that developing useful, marketable job skills will help her become more independent and build her self-esteem. This in turn may head off drug problems. Much evidence indicates that unemployment precedes drug problems among women. Your child should be encouraged to develop modern-day survival skills—financial, planning and job-seeking.

Teaching assertiveness, problem solving, decision-making and critical thinking skills can be a hard job. If you need help, some good books and pamphlets are listed in the Resource Guide, page 29. In addition, workshops or classes on problem solving and decision-making often are available through a local youth organization, mental health center or clinic.

Chapter V
Sidestepping Peer Pressure

As your daughter grows, her peers play an increasingly prominent role in her life. The increased importance of peer influence is a healthy part of growing up. It is a step toward becoming her own person. It is also a step into a complex world. Given those facts, parents need to know that many girls and boys begin to try drugs in middle school; in fact, most teenagers who use drugs started using them in middle school.

Middle school girls and boys face a lot of the same risks of developing drug problems. The transition to middle school is a critical time. Adolescents spend less time at home and more time building a natural, healthy dependence on their peers. They are more frequently exposed to older kids, who can provide either positive or negative role models. Young adolescents may have fairly easy access to drugs and are very curious about them. They may be pressured by friends to try drugs. Alcohol and tobacco use are often mistaken for signs of maturity. People this age often lack the information, confidence, and skills necessary to choose not to use drugs, but are required to make those choices nearly every day. Withstanding pressure to use drugs requires that a girl make her own decisions based on family values. Her family can support her by giving her love, guidelines and someone to talk with about the pressures she faces.

Pressure from boys

Adolescent girls may have a hard time dealing with pressure from boys if they believe they must be submissive to males. If your daughter adheres to that traditional view, she will find it hard to resist pressure from her male friends to use drugs. Most girls are introduced to drugs and have their drugs supplied by their male friends.

Long before she starts dating, your daughter needs to learn her rights in relationships with boys. If she feels a strong need to please boys whom she wants as good friends, explain to her that good friends don't push each other to do things that they

don't want to do. This includes kissing, having sex and using drugs. Your daughter needs to know she can say no to having sex or using drugs, and that true friends will respect her for sticking up for what she believes, even if they don't agree with her.

Dating and drugs

As much as your teen may look forward to dating, it also presents special challenges in resisting drugs. Before your daughter starts dating, you should discuss these risks and help her work out ways to avoid drugs and the dangerous consequences of drug use by friends.

For many teens, dating is a strange new world. With so many choices and so much freedom, it is easy to feel overwhelmed. Teens often feel inhibited and look for ways to feel more comfortable. Unfortunately, alcohol and other drugs may be used to feel more at ease on dates. Girls may use drugs to help overcome shyness.

You can help your daughter tackle these rough moments without drugs. Make sure she knows she has the right to choose who she dates (if you agree). She can refuse even the most popular boys if she wants. She can go out with a group of friends instead of pairing up with one boy. She has the right to and should avoid any situation that involves drugs. She can and should discuss her family rules against drug use before the date to make sure her friend is clear about those restrictions.

You also can encourage her to make her own decisions. Make sure she knows that most kids her age don't use alcohol and other drugs regularly and that she can refuse drugs if her date offers them. She does not have to use drugs to try to please her date or other friends, and she should question the motives of anyone who wants her to use drugs. Remind her that friendship doesn't mean going along with everything someone else wants to do. Friends who like her less because she won't use drugs aren't worth keeping.

Tell your daughter to expect to feel anxious and uptight at times on dates. Nearly everyone feels this way and gets over it. Drugs won't solve the problem; time, maturity, and lots of talking will eventually help. Drugs can get in the way of developing close relationships by making it hard to think clearly enough to communicate feelings. Many kids learn to depend on a false sense of social comfort that results from being high; they end up even less comfortable without drugs.

Breaking up is hard to do

Dating and "steady" relationships can cause mental and emotional problems for teenage girls. Ending a close relationship can be a big, and very real, crisis for your daughter. You may think her feelings of love are still shallow, but your opinion doesn't make the situation less traumatic for your daughter. What she needs most now is someone to talk to: If she feels uncomfortable talking to you, encourage her to talk over her feelings with a close friend, family member or counselor. But do stress that drugs aren't the way to cope with or forget about an emotional crisis; in fact, they may make her feel worse about the situation and may reduce her ability to cope. Let her know that your family does not allow the use of drugs to solve mental or emotional problems.

Chapter VI
Prescription and Over-the-counter Drug Use

Occasionally, mood-altering drugs are prescribed to help adolescents cope with mental, emotional or physical health problems. The use of mood-altering prescription drugs can start a life-long pattern of using drugs to help solve problems, a pattern sure to cause more problems than it solves.

The crutch of drugs may be especially attractive to girls whose mothers use tranquilizers and other drugs to cope with minor ailments. Parents who use alcohol or other drugs to "unwind" give harmful messages to their daughters. Don't let the message end with the example you set; be specific about the dangers of using drugs to cope with life. Tell your daughter that even though drugs are commonly given to women to help them cope with life problems, drugs do not solve problems. At best, mood-altering drugs are short-term aids and should be used only under medical supervision and with great care.

When your daughter begins to menstruate, she may experience discomfort or depression. You can help her avoid mood-altering drug use to try to relieve these problems by making sure she knows that other reliable remedies are available from health care agencies. Offer to go with her to discuss these physical and mental discomforts with a health care specialist. Drugs should be only a last resort—not a first choice.

Girls need to know that mood-altering prescription drugs are given far too often to girls and women and that they have the right to question and refuse such prescriptions and seek a second or third opinion.

Mood-altering prescription drugs can serve a useful purpose if prescribed for a short time by a physician who thoroughly understands your child's problem. This prescription should not be a substitute for counseling. If her problem is mental or emotional, you and your daughter should not be afraid to question whether drug use is the best solution. Offer to help her decide on which questions to ask her physician. Good questions to ask might include:

Why do you think I need this drug?
What will it do to help me solve my problem?
Is there another way to get better without using this drug?
Would counseling or relaxation techniques be just as helpful?
How long do you think I need to use this drug?
How will I know when I no longer need it?
Are there any side effects?
How will this drug affect other drugs I take?
Is this drug habit-forming?
What can I do to prevent becoming addicted to it?
What do I do if I feel that I need more of the drug to feel better?
What do I do if I accidentally skip or double-up on my pills?

A physician or pharmacist should clearly explain the main effects and side effects of drugs to all patients. Side effects or complications from using prescription drugs should be reported to the physician. The dangers of taking a prescription drug with other mood-altering drugs, including alcohol, should be clearly explained.

Everyone has a right to this information. The doctor is responsible for explaining these facts in a way that can be clearly understood. If this duty is neglected, you and your daughter should be assertive and ask your physician about the need for a prescription and its effects. If your doctor is unwilling to answer all your questions about a prescription, we suggest you find a physician who will.

Conclusion

Because society continues to treat men and women differently, girls face special risks for alcohol and other drug abuse. Here are some ideas for you to help your daughter deal with the pressures:

☐ **Maintain candid communications with your daughter about alcohol and other drugs.** Teach your toddler that drugs are not candy, but medicines to deal with specific health problems. When she starts grade school, your daughter needs to know that many drugs are illegal and that they can be harmful and make friendships, family life and schoolwork difficult. Her home life should be full of examples of healthy lifestyles. Adolescents and teenagers should be told the facts about drugs, laws and school and home regulations prohibiting drug use. They also need to know they can talk to you about alcohol and other drugs.

☐ **Watch how you use alcohol and other drugs.** Parental drug use is a major determining factor in whether your daughter will use drugs. Also be aware that your daughter may pick up pro-drug messages from siblings, other relatives and the media.

☐ **Help your daughter develop a sense of self-esteem and independence.** Let her know frequently that you love her and that she's a great person. Encourage her to take on new challenges, and make sure she knows that being a girl doesn't limit her opportunities.

☐ **Teach her to resist pressures to conform by teaching her how to make her own decisions.** Your daughter can learn to consider the options and consequences before making the decision that is right and healthy for her. Those decisions—which eventually will involve drugs and sex—should depend on family values. Help her learn to confidently assert her right to resist pressures to use drugs.

Nice Girls Don't Drink: Why Her Drug Problem May Be Different Than His

This section reviews some of the research literature on alcohol and other drug use and abuse among girls and women. This information forms the foundation of this booklet.

Patterns of drug use and problems

Women use and abuse drugs about as often as men do. Boys and men are more likely to abuse such illegal drugs as marijuana, narcotics and hallucinogens though the differences are decreasing (1,2). Women are almost twice as likely as men to use prescription sedatives, stimulants, and tranquilizers (3,4,5,6). They are more likely to have problems with such use, especially when combined with alcohol (7).

Drug use by girls and women is increasing. In general, the use of illicit drugs, and the medical and nonmedical use of mood-altering prescription drugs by women continues to increase at a faster rate than for men (1,8). The rate of cocaine use is rising faster among girls than among boys and cigarette smoking is now more common in girls and young women than in boys and young men (1).

Drinking apparently is gaining popularity among girls (1,9,10). Drinking is now as common in high school girls as in boys. About 43 percent of both male and female high school seniors report having had at least one drink in the last two weeks. Heavy drinking, while still more common among boys than in girls, has increased among girls and decreased among boys over the last decade (1).

About 60 percent of adult women drink alcohol, 40 percent abstain, and an estimated six percent are problem drinkers. Younger women (ages 21–34) and those who are unemployed, divorced, separated or never married are at higher risk for alcohol problems (11).

During the peak reproductive ages of 18 to 34, an estimated 5 percent of all women have two or more drinks per day (1,11). About one in three college women drinks heavily on occasion (1). The level of drinking that causes birth defects (Fetal Alcohol Syndrome and Fetal Alcohol Effects) is unknown, but pregnant women who use alcohol face the risk of harm to their babies. Women who smoke run a higher risk of having premature babies or babies with lower birth weight or of suffering miscarriage. A number of other drugs can harm the fetus; research continues to turn up new evidence that mood-altering drugs are hazardous to pregnant women and their fetuses.

Physiological differences

Reproductive issues are not the only physiological difference between male and female drug users. Because women, even at the same weight, tend to have more fat and less muscle than men, they have less water in their bodies (because muscle tissue contains more water than fat tissue) to dilute alcohol. Women also weigh less on average than men. Thus, women drinking the same amount as men become more intoxicated although they don't stay drunk longer (12).

There may be a link between the menstrual cycle and alcohol use. Some research indicates that women drink more during the menstrual period to relieve tension or depression and that they may drink more alone (13). Since these drinking patterns are signs of possible alcohol addiction, the menstrual cycle may play a role in the early development of harmful drinking patterns among women.

Female alcoholics face a greater risk of developing liver disease, high blood pressure, anemia, malnutrition, and ulcers at an earlier age after a shorter period of excessive drinking than men (14,15). Female alcoholics also have a higher mortality rate than their male counterparts.

Recent research also points to a small increase in risk for breast cancer among women who drink regularly (16).

Cigarette smoking increases the risk of stroke and other cardiovascular side effects from oral contraceptive use. The risk is related to both the amount smoked and to age (17).

Psychological factors in alcoholism

Researchers are unsure of the psychological factors that predispose people to alcoholism. Few long-term studies of alcohol problems have included women or compared results for women and men. One study found feelings of low self-esteem and inability to cope with life problems in pre-teen and teenage girls who later became problem drinkers. These feelings were not identified for the boys in the study (18,19).

Other studies have found differences between men and women in predictors of alcohol problems. The best psychological predictors for women's alcohol problems related to drinking to relieve shyness, drinking to get high or happy, and drinking to get along better on a date (20). Women alcoholics are more likely to report feeling unloved and emotionally deprived as children (21,22). This research implies that self-esteem, self-confidence and life skills such as assertiveness may be especially important for helping girls avoid alcohol problems.

Drugs and women's roles

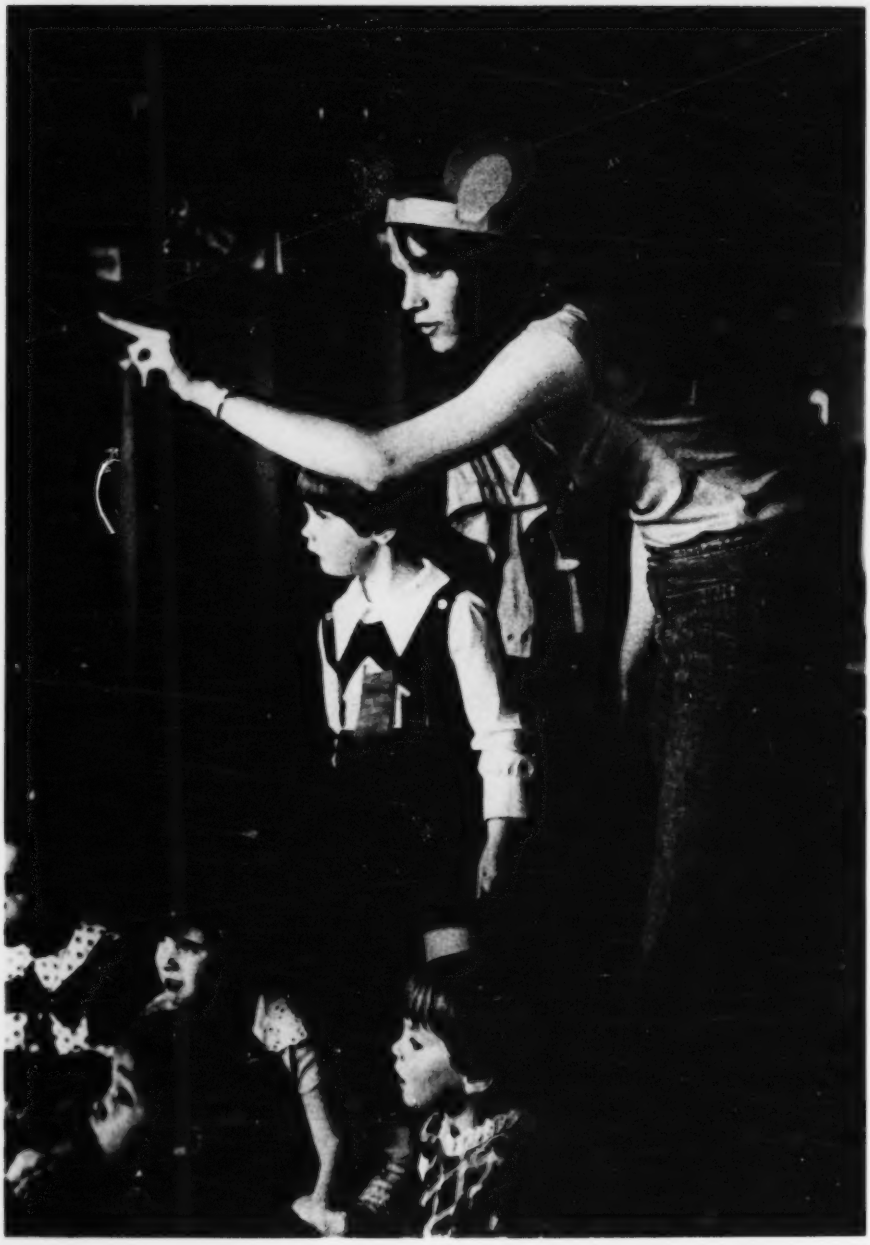
Traditionally, Americans have reserved alcohol and drug use as a recreation for men. It seemed "natural" and acceptable for young men to drink alcohol and smoke tobacco. Their fathers and other males drank and smoked and taught those practices to younger men. Girls traditionally were taught not to smoke or drink because it was not "ladylike." Those who chose to smoke or drink had to hide their habit or risk being called immoral. Partly because women's roles are closely connected to the family, women were held responsible for setting a good moral example. "Good" girls were taught to be gentle, refined, passive and dependent. Because smoking and drinking involved a kind of independence, females who used those drugs broke society's rules.

This double standard extended beyond drug use. Throughout history, societies have viewed women as less important than men in many ways. This bias sometimes causes people to overlook the problems and needs of women or to see them as less important than those of men.

Because of the double standard, women are less likely to admit to having drug problems. As a result, they don't seek professional help as soon as men. This delay may worsen drug problems—especially those of women alcoholics—and make habits harder to change. Friends, spouses, lovers, bosses, and doctors may help female drug abusers deny their drug problems.

A common view is that women alcoholics are bad because they may be sexually active or neglectful of their families. Conversely, men are condemned less for the same behaviors. This condemnation may be why females cite feelings of guilt, shame, anxiety, self-criticism and lower self-esteem and attempt suicide more often than men alcoholics (21,22,23,24). Women may try to deal with these emotional problems by drinking even more.

Because passivity and dependency on men have been considered valued traits for women, some women and girls may be influenced to use drugs by men or boys. Boys and men often provide alcohol or other drugs, making it easier to start and maintain a drug habit. Women are strongly influenced by the drinking patterns of their lovers, husbands, brothers and friends (11). As a result, living with an alcoholic may cause more alcohol problems for women. It can also lead to a greater risk of violence, since much



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wife abuse, rape and child abuse are related to alcohol problems (25,26). In addition, women who are heavy or problem drinkers are more likely to be victims of alcohol-related sexual violence than other women (25).

Because our society tends to ignore women drug abusers or assume their problems are the same as men's, treatment programs to meet women's special needs are limited. This scarcity may help explain why fewer women than men seek treatment or do so only in the later stages of drug abuse. In addition, women who do seek help often don't get the support they need to successfully complete treatment, especially child care. Some women may even hide their drug problems in fear that they will lose their children because they might be seen as "unfit" mothers. Husbands or employers may not relieve women of family or work duties so they can receive treatment. Since women drug abusers are often viewed with less sympathy than men who abuse drugs, they may have a hard time finding the reassurance and extra help they need to recover.

The double standard women drug users face is directly related to sex role conflicts. Sex roles—patterns of thought and action that society sets for men and women—have changed dramatically over the past two decades, presenting women with many new opportunities. However, these opportunities often conflict with lingering messages that women's roles are limited and second-rate. A woman may use drugs in an attempt to ease tensions caused by narrow and confining roles or the confusion and demands of changing roles (19,27,28,29,30). Or she may use drugs as a symbol that she is rejecting traditional female roles (9,28,31), a point many alcohol and tobacco advertisers emphasize (32). Some girls and women link drinking and drug use to sophistication, independence and freedom from traditional standards (33,34).

With changing sex roles, women face additional pressures that may increase their risks for drug abuse. Cohabiting women are more likely to be frequent or problem drinkers than either married, divorced, separated or other unmarried women. One researcher has noted that several groups of women at high risk for alcohol problems are in statuses (such as unemployed, underemployed, divorced or separated) that may seem unstable or impermanent (11).

A woman working outside the home may feel the strain of discrimination in a "man's world." She may feel added pressures from the combined duties of work and home life. She may feel it is necessary to drink with coworkers to be accepted—especially when drinking is part of work life. However, working women, in general, are not at higher risk for alcohol problems (11).

Women who focus their lives almost entirely on their families also face special risks. Those who work mainly in the home have more chances to hide their drinking and drug use ("closet drinking"). They may feel lonely or constricted in this role, but receive messages from society that this is their duty. Some may blame themselves for not coping and turn to drugs.

Chemically dependent women more often than men report that family crises helped trigger their drug problems. Separation and divorce are named most often as events that set off drinking problems among women who work in the home. Because of high divorce and separation rates in the United States, many women may be at risk. Other family crises cited by problem drinkers include a husband's death, marital problems, sex-related health problems, the death of a parent and children leaving home.

Major changes in family structure add pressures to which women must adapt. The increasing number of female-headed households and teenage pregnancies carry more risks of emotional problems for many girls and women who face new responsibilities. These pressures may trigger drug abuse.

Drugs and mental health

The prescription of mood-altering drugs, especially sedatives, tranquilizers and stimulants, is another special risk women face. Sixty percent of all psychotropic drugs, 71 percent of antidepressant drugs, and 80 percent of amphetamines are prescribed for women to treat anxiety, tension, and sleep problems (33).

Though the dangers associated with long-term use of these drugs have been recognized for more than a decade, the prescription of these drugs to women has not significantly decreased (3). Physicians who treat emotional and physical problems in women may do so with drugs because they often don't have the time or skills to listen to female patients talk out their problems. Men are more often sent to counseling for emotional problems, while women are given mood-altering drugs for the same problems (34,35,36,37). Stimulants are sometimes prescribed to help women lose weight or to avoid excess fatigue. Prescriptions sometimes continue for months or even years beyond the emotional crisis during which the drugs were first prescribed. In addition, the hazards of addiction, long-term use and drug/alcohol combinations often are not made clear to users.

Among younger women aged 15 to 24, the suicide rate has increased by 250 percent since the 1960s. For every high school youth that commits suicide, there are another 100 to 200 suicide attempts. Alcohol or other drug use may make suicide seem more acceptable to the drug user and also may contribute to emotional problems that can lead to suicide. One in four women alcoholics may have diagnosable depression. Estimates indicate that suicide is eight to 30 times more likely in women alcoholics than in nonalcoholics (24). Such drugs as tranquilizers and barbiturates often are used by women as tools to commit suicide (7).

Additional risks

Research indicates that other risk factors may contribute to women's drinking problems: heredity, family characteristics, ethnic group, unhealthy lifestyles, religion and

sexual preference. Because research on many of these factors is limited, it is difficult to predict how much impact they have on alcohol and other drug abuse among women.

Heredity affects a women's chances of alcohol problems. Daughters of alcoholic mothers are more than three times more likely to have alcohol problems than the daughters of nonalcoholic parents. Daughters of alcoholic fathers do not seem to be at greater risk for alcohol problems. These studies involved daughters who had been adopted, which implies that the increased risk is inherited (38).

In addition to heredity, living with an alcoholic parent brings a much greater risk of alcohol problems. Children of alcoholic parents are at the highest risk for developing alcoholism or marrying someone who becomes alcoholic. In many cases, the risk for alcoholism is due to a combination of both hereditary and social causes.

A close identification with the family may be responsible for an apparent protective effect against drug use that is seen in adolescent girls who feel a strong bond to their families. In a recent study, girls who perceived a strong family bond used fewer drugs of all kinds except cigarettes. Adolescent girls reporting weak family bonds were four times more likely to drink alcohol than those close to their families. By comparison, the level of family bond among boys the same age had no association with drug use (39).

The data is very scanty on drinking patterns and problems of girls and women in various ethnic groups. There are indications that, as of a decade ago, Asian, Native American, Black and Hispanic girls were more likely than white girls to avoid drinking completely. At the same time, Native American girls were almost twice as likely as whites to drink heavily and Asian girls were least likely to be heavy drinkers (40,41).

Black and Hispanic women may be more likely than whites to abstain from alcohol. However, of those who do drink, Black and Hispanic women may be more likely to drink heavily (42). Native American teenage girls are at special risk for alcohol problems, since Native American women have a much higher rate of liver disease due to drinking (14,43).

Women who abuse alcohol, tobacco and prescription drugs and who have unhealthy habits in general are more likely to develop alcoholism and other health problems (15,44).

Women who have no religious affiliation are more likely to have alcohol problems than women who identify themselves with a particular religion (45).

Lesbians are more likely than heterosexual women to develop alcohol problems (46). The reasons for this are not clear, though some researchers claim it is due, in part, to the central role the gay bar plays in the social life of some lesbians. They may feel isolated, oppressed and rejected because of society's negative views of homosexuals. And the conflicts and misunderstandings in families which haven't learned to cope with a daughter's sexual preference can increase her emotional problems. There are professionals who can help women—and their families—deal with sexuality issues without turning to alcohol and other drugs. However, few programs or counselors are sensitive to the special issues for lesbians and bisexual females with alcohol and drug problems. This may prevent these women from seeking help.

Conclusion

Research on drug use and problems among girls and women is relatively scarce. Existing studies tend to focus on white middle and upper middle class females but those findings may not apply to women of other economic, racial, and cultural groups. Most available research concerns alcohol; these results can't be applied automatically to other drugs. However, ample evidence points to the need to use different methods in treating and preventing drug problems among women.

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Resources for Parents

Recommended reading

From the Wisconsin Clearinghouse:

Who's Raising the Family
Helping Your Pre-Teen Say No
Parent's Self Test: A Guide for Helping Parents Assess Their Own Chemical Use
I Need to Be Me: The Emergence of Self
A Chip Off the Old Block: Parent's as Role Models
A Parent's Guide to Teenage Parties
Young Children and Drugs: What Parents Can Do
Mood-Altering Chemicals (in book form)
Parent's Drug Abuse Prevention Kit

From Other Sources:

Steering Clear: Helping Your Child Through the High-Risk Drug Years. Dorothy Cretcher, 1982. Available from Publications for Parents, 2501 Neff Road, Dayton OH 45414.

Adolescent Drug and Alcohol Use: Signs and Symptoms. Community Intervention, 1986.

Saying Yes, Saying No. Community Intervention, 1986.

National organizations and publishers

Alcoholics Anonymous—see your phone book under "alcohol."

American Council for Drug Education, 5820 Hubbard Drive, Rockville, MD 20852.
Association of Junior Leagues, 825 Third Ave., New York, NY 10022.

Community Intervention Inc., 529 S. Seventh St., Minneapolis, MN 55415.

National Clearinghouse for Alcohol and Drug Information, Box 2345, Rockville, MD 20852.

National Council on Alcoholism, 12 W. 21 St., New York, NY 10010.

National Congress of Parents and Teachers, 700 N. Rush St., Chicago, IL 60601.

National Women's Health Network, 224 7th St. SE, Washington, DC 20003.

For more information about alcohol and other drug abuse prevention, contact:

Wisconsin Clearinghouse
P.O. Box 1468
Madison, Wisconsin 53701
(608) 263-2797

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